

Posters

15. Nursing/Psychosocial issues

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337 Eating attitudes and behaviours in males and females with cystic fibrosis. The role of body image and coping styles

L.S. Melhuish¹, A. Pearce², C. Brignell³. ¹Ellern Mede Ridgeway Service for Eating Disorders, Clinical Psychology, London, United Kingdom; ²Southern Health NHS Foundation Trust, Southampton Regional Adult Cystic Fibrosis Service, Southampton, United Kingdom; ³University of Southampton, Clinical Psychology, Southampton, United Kingdom

Objectives: Previous evidence suggests that disturbed eating attitudes and behaviours (DEABs) are present in CF populations. However, the available research does not indicate increased diagnostic eating disorders in the CF population. Certain physiological and psychological factors related to CF may contribute to the development of issues with eating. Chronic illnesses such as CF and diabetes have been proposed as being precursors to eating disorder symptomatology and DEABs due to the heavy emphasis placed on dietary intake. Developing an understanding of the relationships between eating behaviours, body image and coping styles in individuals with Cystic Fibrosis (CF) could offer valuable guidance for prevention and intervention programmes aimed at reducing DEABs in this population. This study investigated the relationships between these variables and further explored gender differences.

Methods: A sample (N=109) of mainly Caucasian males and females with CF completed six self-report measures. Statistical analysis involved, group comparison, correlation and multiple regression techniques, the latter of which explored the moderated effect of gender.

Conclusion: Females presented with higher rates of DEABs than males; however males reported poorer body image. Key findings indicated a significant association between DEABs and body image and coping styles. Specifically, individuals with high levels of DEABs reported higher levels of body dissatisfaction and engaged in a higher degree of unhelpful coping styles. As such the potential benefit of psychotherapeutic interventions aimed at addressing eating behaviours and attitudes, body image and coping styles are discussed.

339 Segregation of patients with cystic fibrosis – Examining patient and parental knowledge and opinions

R.K. Alanoor¹, P. Pai¹, H. Shorten¹, A. Betteridge¹, C. Kavanagh¹. ¹Norfolk and Norwich Hospital NHS Trust, Paediatrics, Norwich, United Kingdom

Objective: Cross infection is a risk amongst patients with CF. Our paediatric centre has a full segregation policy and is always discussed. There can be a lack of awareness and resistance from families regarding segregation. We undertook a questionnaire of parents and patients to examine knowledge and opinions regarding segregation.

Method: A questionnaire was sent to parents and patients aged 8 years or older. It contained open and closed question formats and free text to record views.

Results: 46 (67%) questionnaires were returned.

All families were aware of segregation and felt it was necessary and appropriate. They were aware of our hospital segregation policy, but wanted written information. 93% agreed that they were segregated during the clinic attendances.

76% felt they were given a clear explanation about segregation. Only 9% of families recalled segregation discussions at their last annual review, 32% were unsure.

Most felt that segregation will prevent cross infection and keep children healthier, but worried about the psychological and emotional impact on their children.

60% worried about cross infection, but only 52% felt sure they would stop their child from meeting another child with CF.

All children completing the questionnaire (n=10) were aware of segregation and thought this was appropriate. 80% said they had been given a clear explanation about this. 50% worried about cross infection.

Conclusion: The majority of families have a good knowledge regarding segregation but this need to be refreshed. It needs to be a continuous process, and age appropriate for children. We are reviewing how we educate and re-educate our families about segregation.

338 “Let’s talk about it”, a mediation tool in couples, for adults living with cystic fibrosis

V. David¹, H. Oukel², A. Badatcheff², S. Ravilly³, J.-L. Racineux⁴, A. Lasserre-Moutet⁵, M. Chambouleyron⁵. ¹University of Nantes, CRCM Enfants, Nantes, France; ²University of Angers, Pulmonary Unit, Angers, France; ³Vaincre la Mucoviscidose, Paris, France; ⁴Passerelles Educatives, Paris, France; ⁵University of Genève, Service of Therapeutic Education for Chronic Diseases, Genève, Switzerland

Objectives: Today it is frequent that adults suffering from cystic fibrosis live a couple life. A previous qualitative study showed that these patients and their spouses need to discuss together about serious issues like fears, future, family ... but it is difficult to do.

Methods: We developed a tool “Let’s talk about it” with a game board and 2 sets of 36 cards. Domains are drawn on the board: family life, professional or student life, leisure, care, future, relationships, home, and secret garden. Sentences extracted from interviews of the previous study are written on the cards. During the session, separately, the patient and the spouse choose the relevant cards for him/her and put them in the appropriate domains. Then each member of the couple shows his/her partner what he wants to share of his individual board and they develop a common board. The caregiver encourages the two persons to talk about the cards they have chosen within a framework of respect and trust, tries to raise reactions, rephrases when necessary in order to ensure that the two partners understand each other and helps to summarize similarities and differences. The tool was tested with couples who evaluated it as very helpful and relevant to start and facilitate the dialogue about these very important issues for the future of the couple.

Conclusion: “Let’s talk about it” is a support which improves communication between adults living as a couple. It could also be used between parents of a cystic fibrosis child, or parents and adolescent.

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340 Experiences of physical activity: A phenomenological study of individuals with cystic fibrosis

R.D. Street¹. ¹Cardiff Metropolitan University, Applied Psychology, Cardiff, United Kingdom

Objectives: Although extensive research has investigated the benefits of physical activity in CF, minimal exploration of the experiences for individuals from a qualitative, phenomenological perspective has been carried out. The aim of this study was to explore the subject experiences of physical activity for individuals with CF. Particular focus was given to how individual’s feel when being physically active in the presence of others. This qualitative study adopted semi-structured interviews. The data was analyzed using interpretative phenomenological analysis (IPA).

Methods: The healthcare team, at an Adult Cystic Fibrosis unit in the UK, recruited participants. Twelve participants were recruited in total, six of which were male and six were female, with ages ranging from 18 to 46 years old.

Conclusion: The participants’ experiences of physical activity are represented by one superordinate theme: ‘self-awareness’. The theme illustrated how participants were aware of their own physical capabilities yet their behaviour was influenced, to a greater or less extent, by the social environment. The findings from this study emphasize the significance of the social context in which the participants engaged in physical activity. For many physical activity allowed them to identify with healthy others, however for some it emphasized their differences. Diversity in the participants’ attitudes and feelings towards being physically active are further discussed.